



## *Healthy Recipes: Fruit & Yogurt Parfaits*



### **Fruit & Yogurt Parfaits**

**Ingredients:**

- Sliced fruit (strawberries, grapes, kiwi, mangoes, etc.)
- 32 oz. carton organic low-fat yogurt (can use vanilla, strawberry, or plain; can also use Lactaid or soy yogurt)
- Granola (no nuts) and/or Rice Krispies
- Clear cocktail cups

Wash and slice fruit; put into individual bowls. Put granola and/or Rice Krispies in individual bowls. Put each child's name on clear cocktail cup with permanent marker. Each child scoops fruit, yogurt, and topping into his/her cup. Eat with spoons. Should serve 15-16 children

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